

## 10 Ways to Eat More Vegetables

Many of us seem to do really well getting vegetables or fruits in our daily eating, but not necessarily both. One-half cup of cooked vegetables, or one cup of fresh vegetables or greens counts as one serving towards our goal of "five a day." Here are a few ways to work more veggies into your daily diet:

1. Eat twice the servings of vegetables as starches per meal - in other words, 2 cups vegetables for 1 cup of rice/pasta/potato.
2. Strive to have one colorful, veggie-packed salad each day. Ideas: dark leafy greens (spinach, kale), mixed leaf lettuce, shredded red cabbage, broccoli slaw, carrots, bell peppers, celery, cherry tomatoes, cucumber, and red onion.
3. Eat two or more meatless, vegetable-rich meals a week.
4. Keep sugar snap peas, carrots, bell pepper slices, and celery sticks handy for quick and easy snacks. (Carrots and celery sticks stay fresh for several days in a container of water in the refrigerator.)
5. Add fresh veggies to tuna or chicken salad - onion, celery, water chestnuts, etc... (We're talking veggies today, but apple slices or Ocean Spray Craisins (cranraisins) are also delicious.)
6. Add vegetables to sandwiches - try onion, bell peppers, bean sprouts, cucumber, tomato, lettuce, etc... Build your sandwich like your local sub- shop and pile your veggies a mile high. Remember, vegetables not only add nutrients, color, flavor, and volume, but they fill us up!
7. Add vegetables to your pot of beans - canned or fresh tomatoes, onion, carrots and celery.
8. Make your homemade soups and stocks chock full of your favorite vegetables. Ideas: cabbage, bok choy, spinach, carrots, onion, celery, and tomatoes. (We're talking veggies today, but beans of all varieties are also a great soup addition.)
9. Prepare a "stir-fry" and try experimenting with some new and exciting vegetables to tempt your palate while broadening your cooking horizons. We like bok choy, bean sprouts, bamboo shoots, carrots, scallions, celery, kale, water chestnuts, and various colorful peppers, including jalapenos.
10. Add some flavor pizzazz to your vegetables by sprinkling on a zesty seasoning blend or melting an ounce of grated cheese over the top. Try spritzing lemon on broccoli, glazed carrots, or baked asparagus, topping cauliflower with Gruyere cheese (1 ounce grated cheese will flavor an entire head of cauliflower), and sprinkling tarragon on squash and zucchini and thyme on baked sweet onions.

Tip provided by Cooper Wellness Program nutrition director Kathy Duran-Thal, R.D. For information on attending a four-, six-, or 13-day program at The Cooper Aerobics Center, call 800-444-5192 or visit [www.cooperaerobics.com/wellness](http://www.cooperaerobics.com/wellness)